



# Senior Services of Northern Kentucky Chilled Menu - July 2014

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BOX		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
LUNC	<b>July is:</b>	<b>Meatloaf w/Gravy - 9072</b>	<b>Roast Beef &amp; Cheese Sandwich</b>	<b>4th of JULY CELEBRATION</b>	<b>SSNK CLOSED - NO MEALS DELIVERED</b>
H	<b>Anti-Boredom Month</b>	Mashed Potatoes	Swiss American Cheese	<b>Turkey Mett</b>	
CYCLE	<b>National Cell Phone Courtesy Month</b>	Carrots	3-Bean Salad	<b>w/ Sauerkraut - 9055</b>	
WEEK		Dinner Roll / Margarine	Tossed Salad / Ranch Dressing	Mashed Potatoes	
4		Orange Juice (100%)	Whole Grain White Bread	Green Beans	
BOX		Angel Food Cake	Mixed Fruit	Rye Bread (2 slices)	
LUNC		<b>International Joke Day</b>	Horseradish	Fruit Cocktail	
H				Mustard / Ketchup	
CYCLE					
WEEK					
5					
BOX	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
LUNC	<b>Grilled Chicken w/ BBQ Sauce - 9049</b>	<b>Chicken Tenders</b>	<b>Beef Taco Salad - 9313</b>	<b>Pineapple Chicken</b>	<b>Roast Beef &amp; Gravy</b>
H	Potato Wedges	Rice	Lettuce, diced Tomatoes	Sweet Potato Patties (2 ea)	Broccoli (2 servings)
CYCLE	Broccoli w/ Cheese	Vegetable Medley (2 servings)	Shredded Cheese, Sour Cream	Peas	Whole Wheat Bread / Margarine
WEEK	Bun	Fruit Cocktail	Corn	Dinner Roll / Margarine	Apple Juice (100%)
5	Applesauce	Whole Wheat Bread / Margarine	Peach Dessert	Cranberry Juice	Animal Cookies
BOX		<b>Video Games Day</b>	Tortilla Chips	Sponge Cake	
LUNC			Mild Taco Sauce		
H					
CYCLE					
WEEK					
6					
BOX	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
LUNC	<b>Swiss Steak - 9088</b>	<b>Rosemary Chicken - 9039</b>	<b>Summer Salad - 9070</b>	<b>Cheese Ravioli</b>	<b>Roast Turkey w/ Gravy - 9005</b>
H	w/ Peppers/ Onions	Red Skin Potatoes	w/ Diced Eggs, Cheese,	w/ Marinara Sauce	Mashed Potatoes
CYCLE	Stewed Tomatoes	Vegetable Medley	<b>Grape Tomatoes, Broccoli Floret</b>	Italian Vegetables	Vegetable Medley
WEEK	O'Brien Potatoes	Whole Wheat Bread (2 pc)	Saltine Crackers	Spinach / Vinegar	Dinner Roll / Margarine
6	Whole Grain White Bread	Margarine	Pineapple Juice (100%)	Whole Wheat Bread / Margarine	Applesauce
BOX	Margarine	Fresh Orange	Animal Cookies	Peaches	Angel Food Cake
LUNC	Pears		Ranch Dressing		
H	Graham Crackers				
CYCLE		<b>Cow Appreciation Day</b>			<b>HAPPY BIRTHDAY!</b>
WEEK					
7					
BOX	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
LUNC	<b>Hamburger - 9071</b>	<b>Chicken Salad on a Bun</b>	<b>Chicken &amp; Rice w/ Gravy - 9023</b>	<b>Salisbury Steak w/Gravy-9029</b>	<b>Italian Chicken - 9042</b>
H	Baked Beans	Potato Salad	Broccoli	Parslied Potatoes	w/ Marinara Sauce
CYCLE	Broccoli	Coleslaw	Carrots	Mixed Vegetables	Spaghetti
WEEK	Swiss American Cheese slice	Bun	Whole Wheat Bread / Margarine	Whole Wheat Bread/Margarine	Turnip Greens / Vinegar
7	Bun	Mixed Fruit	Fruit Cocktail	Cranberry Juice	Vegetable Normandy
BOX	Pineapple			Angel Food Cake	Pears
LUNC	Mustard/Ketchup				Animal Cookies
H					
CYCLE					
WEEK					
8					
BOX	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
LUNC	<b>Country Fried Steak w/Gravy-9063</b>	<b>Ham &amp; Cheese Sandwich</b>	<b>Chili w/ Spaghetti - 9064</b>	<b>Baked Chicken w/ Gravy - 9075</b>	
H	Potato Wedges	Potato Salad	Vegetable Medley (2 servings)	Herb Dressing	
CYCLE	Green Beans	Coleslaw	Cheddar Cheese	Broccoli	
WEEK	Dinner Roll / Margarine	Whole Wheat Bread	Saltine Crackers (2 pks)	Cauliflower	
8	Fresh Orange	Peaches	Fresh Apple	Whole Wheat Bread/Margarine	
BOX	Chocolate Cake (uniced)	Mustard		Strawberry Applesauce	
LUNC					
H					
CYCLE					
WEEK					
9					
BOX					
LUNC					
H					
CYCLE					
WEEK					
1					